



## Cartolina 05 – come and discover Guinea-Bissau

In this area the hot and humid climate is constant throughout the year. The temperature varies little between the dry and the rainy seasons. Between June and November the winds coming from the Atlantic Ocean ensure abundant rainfall over most of the territory. The dry season, which runs from December to May, is the ideal time to visit the country.

In February 2020, I crossed Guinea-Bissau by bicycle, a transport method that I consider ideal for contemplating the beauty of the surrounding nature.

Food was bought in markets along the route or directly from individual people. Finding a place to sleep was never a problem either. At the end of each day, you go to a village (Tabanca), try to talk to the village chief (Régulo) and you will find that they assign you a protected place to set up your tent. You should travel with a bucket, with which you can ask for water for a refreshing shower after a day spent pedaling.

Get organized and come: you will be surprised by the hospitality and friendliness of these people. On the website indicated in this postcard you can find maps (old military maps from the time when the Portuguese occupied Guinea-Bissau) useful for this trip.

### Guinea-Bissau - Ecotourism guide

This publication presents the 5 natural parks of Guinea-Bissau.

Published by IBAP (Institute for Biodiversity and Protected Areas) in Portuguese, French and English, it is available for consultation and download at this internet address:

<https://ecoturismo.ibapgbissau.org/publicacoes.html>



**On 04 June 2023 we will participate in the "ZugLuft" festival in Bressanone, with a second-hand market. Come and visit us and bring the objects you want to donate. Find information about this event on this internet page: <https://www.zugluft.it/?lang=it>**

This initiative is part of the fundraising campaign for the construction of a school in the village of Sincha Alfa. You can also make a contribution to this project by making a payment to the bank account specially opened by the "Centro di Ricerca e Formazione sull'Intercultura" ([www.centrocultura.net](http://www.centrocultura.net)).

Cassa Raiffeisen della Valle Isarco  
Conto Sostegno Guinea Bissau

**IBAN: IT19Y0830758221000300235911**

**BIC e SWIFT: RZSBIT21007**

**If you work in Italia, you can also in your tax declaration, allocate the 5x1000 to the Association by entering the following tax code:**

**02447760212**

We thank you for your contribution!

To consult information on the initiatives and on the development of the project, you can also visit the following internet page:

<https://sostegnoguineabissau.weebly.com/>